

## Lancaster Senior Center

### VAN SERVICE

The van is available Monday-Friday for senior citizens that reside in Lancaster. Medical appointments take preference in scheduling. However, we do transport to area stores, such as Tops, Wal-Mart, Eastern Hills Mall, etc. We also transport to the Senior Center several days a week. For information concerning the van and/or to schedule an appointment contact Mary at 685-3498

### BLOOD PRESSURE READINGS

Blood Pressure Readings by Rural-Metro Ambulance-Thursday, March 10th (9am-11am)

### FRIDAY AFTERNOON @ THE MOVIES

Every Friday afternoon at 12:30 we show a new movie release (sometimes an "oldie").

### NUTRITION

The Senior Center serves hot meals at 11:45 a.m. Monday-Friday. The suggested donation is \$3.00 per meal. Please order one week in advance—685-3498.

### AARP DRIVER SAFETY PROGRAM

The AARP 6-Hour *Smart Driver Course* is offered throughout the year. Registration is required. Cost: \$20 for AARP members (you must show your card) and \$25 for non-members.

Please bring your check payable to AARP to the first class

Cash is **NOT** accepted.

Classes are from 12:30-3:30

March 28 & 30

April 25 & 27

May 23 & 25

June 27 & 29

July 25 & 27

August 22 & 24

#### EAT WELL-LIVE WELL

*Did you know that about 33% of adults have high blood pressure? Learn some valuable steps to take control. Wegmans Pharmacists will be here on Wednesday, March 23<sup>rd</sup> from 12:30-1:30 to conduct a blood pressure screening. Get your pressure taken and receive a coupon for a free \$6 meal from Wegmans! Appointments are not required, but please call Frank from Wegmans at 254-1083 to secure a spot.*

### Get Well Wishes

Eleanor Nowak sent a *get well card* to:  
**Pat D'Orazio & Jane Davis**

### In Memory Of:

Eleanor Nowak sent a **SYMPATHY CARD** to the family of: **Fred Aldinger**

## **WELCOME NEW MEMBERS**

Candace Porter, Deborah Lemaster,  
Deborah Delzer, Linda Bannochie,  
Sharon & Harold Everett,  
Judith Lepkowski, Ann Distefano,  
Bruce & Michelle Dickman,  
Robert & Marie Benkelman

Lancaster Senior Center  
100 Oxford Avenue, Lancaster, New York 14086  
Phone: 685-3498 Fax: 685-3594

## SENIOR INK

## MARCH 2016

### Staff

#### Recreation/Outreach

Kathleen Burns  
Debra Thomson  
Judith Szczesniak

#### Nutrition Staff

Beverly Tanski  
(Site Manager)  
Gloria West  
Kimberly Herdzik

#### Meals On Wheels

Charlene Ciccarelli  
683-3771

#### Van Drivers

Norman Bastian  
Joseph Chiarmonte  
Gordon Ederer  
Anne Gangloff  
Joseph Hastreiter  
Robert Hauser  
Al Rinow  
John Sroda  
David Suttell

#### Crafts

Ann Heidle

#### Piano

Linda Frost

#### Zumba

Julia Kiesznoski

#### Yoga

Melanie Olivieri



### Mary Bartz

*Director of Senior Services*

#### Lancaster Senior Center

##### Officers

President - Norman Bastian  
Vice President - Ronald Wisniewski  
Treasurer - Gerald Sowinski  
Secretary - Claire Schlum

##### Board Members

Kathleen Burns, Mary Cameron,  
Joseph Chiarmonte, Roseann Thielman & Arthur Wolski

##### Bingo Chairman

Ronald Wisniewski

## HOURS

8 a.m. to 4 p.m. every weekday  
except Thursdays & special events.  
(i.e. Fun Friday, Dance, Potluck)  
Thursdays 8:00a.m. to 9:00p.m.  
Special Event hours will be noted  
on calendar.

### Building is

*Handicap Accessible*

### Upcoming Events



## MARCH

2nd - Dominoes Party  
4th - Fun Friday  
14th - Seneca Niagara  
28th - Batavia Downs Gaming

## APRIL


1st - Fun Friday  
6th - Five Crown Party  
11th - Seneca Alleghany  
20th - Diner's Club  
29th - Carnival Kids

## MAY

4th - LCR Party  
6th - Fun Friday  
9th - Seneca Niagara  
20th - Diner's Club  
29th - Carnival Kids  
18th - Antiques on the Road  
(Tentative)  
21st - Senior Picnic

VISIT US ON THE WEB @  
[WWW.LANCASTERNY.GOV](http://WWW.LANCASTERNY.GOV)

# LANCASTER SENIOR CENTER – MARCH 2016

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 9am-11:30am Ceramics 9am-10am Zumba 9:30am-12pm Piano Lessons 9:30am-2:30pm Quilting 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle	<b>2</b> 8:55am-10am Aerobic DVD 9:30am-12pm Piano Lessons 10:30am-11:15am Erie Cty Fitness Class <b>12:45pm-3pm Dominoes Party</b> 1pm-3:30pm Game Day	<b>3</b> 9am-11:30am Ceramics 10:30am-11:30am Organ Club 12:30pm-12:45pm Monthly Meeting 12:45pm-2:45pm Bingo 1pm-4pm AARP Tax Prep 5:30pm-8:30pm Pinochle & Dominoes 6:30pm-8:45pm Scrabble	<b>4</b> 8:55am-10am Aerobic DVD 9am-10am Exercise Ball Class 10am-4pm Crafts 10:15am-11:15am Zumba 12:30pm-3:30pm Euchre 12:30pm-2:30pm Friday Afternoon Movie 6pm-9pm Fun Friday Today's Hours: 8am-9pm
<b>7</b> 8:55am-10am Aerobic DVD 9:30am-12pm Mah Jonng 10am-4pm Crafts/Yoga 10-11 10am-12pm Red Hats 10:15am-11am MONDAY Bingo 12:30pm Book Club – <b>Sycamore Row</b> 1pm-3:30pm Hand & Foot Card Game 1pm-2pm Tai Chi Video	<b>8</b> 9am-11:30am Ceramics 9am-10am Zumba 9:30am-12pm Piano Lessons 9:30am-2:30pm Quilting 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle 1pm-2pm Fidelis Health Care	<b>9</b> 8:55am-10am Aerobic DVD 9:30am-12pm Piano Lessons 10am-12pm Blue Cross/Blue Shield 10:30am-11:15am Erie Cty Fitness Class 1pm-3:45pm Canasta 1pm-3:30pm Game Day	<b>10</b> 9am-11am Blood Pressure Readings 9am-11:30am Ceramics 10:30am-11:30am Organ Club 12:45pm-2:45pm Bingo 1pm-4pm AARP Tax Prep 2:45pm-3pm Birthday Party Celebration 5:30pm-8:30pm Pinochle & Dominoes 6:30pm-8:45pm Scrabble	<b>11</b> 8:55am-10am Aerobic DVD 9am-10am Exercise Ball Class 10am-4pm Crafts 10:15am-11:15am Zumba 12:30pm-3:30pm Euchre 12:30pm-2:30pm Friday Afternoon Movie
<b>14</b> 8:55am-10am Aerobic DVD 9:30am-12pm Mah Jonng 10am-4pm Crafts/Yoga 10-11 10:15am-11am MONDAY Bingo <b>11am-6pm Seneca Niagara Casino</b> 1pm-3:30pm Hand & Foot Card Game 1pm-2pm Tai Chi Video	<b>15</b> 9am-11:30am Ceramics 9am-10am Zumba 9:30am-12pm Piano Lessons 9:30am-2:30pm Quilting 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle	<b>16</b> 8:55am-10am Aerobic DVD 9:30am-12pm Piano Lessons 10am-12pm United Health Care 10:30am-11:15am Erie Cty Fitness Class 1pm-3:30pm Game Day 1pm-3pm Painting w/ Sara	 <b>17</b> <b>DONUT DAY</b> 9am-11:30am Ceramics 9:45am Officers/Board Meeting 10:30am-11:30am Organ Club 12:45pm-2:45pm Bingo 1pm-4pm AARP Tax Prep 5:30pm-8:30pm Pinochle & Dominoes 6:30pm-8:45pm Scrabble	<b>18</b> 8:55am-10am Aerobic DVD 9am-10am Exercise Ball Class 10am-4pm Crafts 10:15am-11:15am Zumba 12:30pm-3:30pm Euchre 12:30pm-2:30pm Friday Afternoon Movie
<b>21</b> 8:55am-10am Aerobic DVD 9:30am-12pm Mah Jonng 10am-4pm Crafts/Yoga 10-11 10:15am-11am MONDAY Bingo 11am-12pm Pictionary 12:45 12:45pm-3pm Pictionary 1pm-3:30pm Hand & Foot Card Game 1pm-2pm Tai Chi Video 1pm-3pm Pool Tournament (Lancaster)	<b>22</b> 9am-11:30am Ceramics 9am-10am Zumba 9:30am-12pm Piano Lessons 9:30am-2:30pm Quilting 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle	<b>23</b> 8:55am-10am Aerobic DVD 9:30am-12pm Piano Lessons 10:30am-11:15am Erie Cty Fitness Class 12:30pm- <b>Wegman's</b> <b>Blood Pressure – Know Your</b> <b>Numbers/Eat Well-Live Well</b> 1pm-3:45pm Canasta 1pm-3:30pm Game Day	<b>24</b> 9am-11:30am Ceramics 10:30am-11:30am Organ Club 12:45pm-2:45pm Bingo 1pm-4pm AARP Tax Prep 5:30pm-8:30pm Pinochle & Dominoes 6:30pm-8:45pm Scrabble	<b>25</b> <b>Good Friday</b> <b>SENIOR CENTER CLOSED</b>
<b>28</b> 8:55am-10am Aerobic DVD 9:30am-12pm Mah Jonng 10am-4pm Crafts/Yoga 10-11 <b>10am-11am Batavia Casino</b> 10:15am-11am MONDAY Bingo 12:30pm-3:30pm AARP Driver Safety Class 1pm-3:30pm Hand & Foot Card Game 1pm-2pm Tai Chi Video	<b>29</b> 9am-11:30am Ceramics 9am-10am Zumba 9:30am-12pm Piano Lessons 9:30am-2:30pm Quilting 10:15am-11:15am Arthritis Exercise Video 12:30pm-3pm Line Dancing 12:45pm-3:30pm Pinochle	<b>30</b> 8:55am-10am Aerobic DVD 9:30am-12pm Piano Lessons <b>10:15 Shuffleboard League</b> 10:30am-11:15am Erie Cty Fitness Class 12:30pm-3:30pm AARP Driver Safety Class 1pm-3:30pm Game Day	<b>31</b> 9am-11:30am Ceramics 10:30am-11:30am Organ Club 12:45pm-2:45pm Bingo 1pm-4pm AARP Tax Prep 5:30pm-8:30pm Pinochle & Dominoes 6:30pm-8:45pm Scrabble	